



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2017

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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*



What is the link between substance abuse and behavioral health?

When you struggle with both a substance use issue and a mental health issue such as depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis. Dealing with substance abuse, alcoholism, or drug addiction is never easy, and it's even more difficult when you're also struggling with mental health issues. However, there is hope. There are things you can do and treatments that can help you get your life back on track.

- With support, self-help and treatment, you can overcome a dual diagnosis and reclaim your life.
- The high prevalence of Dual Diagnosis Disorders, combined mental health disorders and substance use, has been increasingly documented for both adolescents and adults.

Here at Alpine County, Behavioral Health Services (ACBHS) an integrated program for behavioral health is offered. We are here to address mental health as well as substance use issues

in adults and youth. ACBHS provides individual therapy and counseling. We have a co-occurring group (6:30pm-7:30pm Thursdays), recovery group (4:30pm-5:30pm Wednesdays) and a women's support group (1:30pm Wednesdays).

- Coming in July 2017, we will offer "A Balanced Perspective"; a group held in the Markleeville Library on Tuesdays at 2:00 pm. This group will address mindfulness in recovery and promote life balance. Beginning 07/11/17. This group will help build coping skills that connect life situations to emotions. It will help identify false beliefs, as well as the consequences of emotional dodging. The group will also help you to make decisions based on core values.
- There will also be a Parent Education series offered, which will address how to prevent and recognize drug and alcohol abuse in your children. This series will help parents communicate better during potential and current drug & alcohol abuse situations. 07/11 & 07/18 @ 6 PM at the Firehouse at Hung-A-Lel-Ti. All are welcome!

We encourage input from community members on what they feel are key issues in areas of Behavioral Health and we will continue to provide a high level of service to Alpine County.

Please contact Janet Stevens, - (LMFT) or Misty Dee, - (LAADC)
Main Office: 530-694-1816 | Crisis Line: 1-800-318-8212



Saturday, July 29th, 5PM
SUSPECT TERRANE
Bluegrass, Swing, Americana, fun.

Sunday, August 13th, 5PM
**BEANS SOUSA &
SLADE RIVERS**
Honky Tonk highway.

Saturday, August 26th, 5PM
**BISON BLUEGRASS
BAND**
Free range, organic, locally grown.

Saturday, September 9th, 4PM
**THE CALIFORNIA
SONS**
Original Americana & Bluegrass.

THESE ARE TOBACCO FREE EVENTS

MUSIC IN THE PARK 2017

At Markleeville Park, next to the library.
Bring a picnic, blanket, lawnchair and the family!

PERFORMANCES ARE FREE, DONATIONS WELCOME

Sponsored by:

Sorensens Resort, Alpine County
Chamber of Commerce, Intero Real
Estate Services, Barbara and Michael
Barton, California Alps Coffee Haus,
Trailblazer Travel Books, Douglas
Disposal and Recycling Services,
Amy Skewes-Cox and Robert Twiss,
Friends of Hope Valley, Holdridge
Family, Donald M. Jardine, Tom
and Marilyn Kolpacoff, Rick Meyer,
Markleeville General Store
Woodfords Inn and Sierra Scoop.

(530) 694-2120

www.alpinecountyfriendsofthelibrary.org

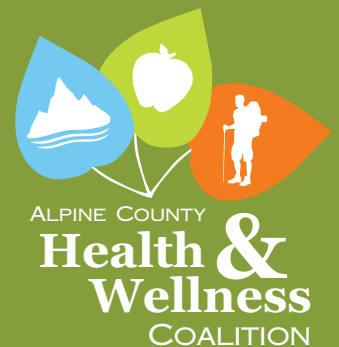


PREPARE FOR WILDFIRE

BEING READY WILDFIRE PREPAREDNESS

Being Ready for wildfire starts with maintaining an adequate defensible space and by hardening your home by using fire resistant building materials. Defensible space is the buffer you create by removing dead plants, grass and weeds. This buffer helps to keep the fire away from your home. Hardening your home means using construction materials that can help your home withstand flying embers finding weak spots in the construction, which can result in your house catching fire. It takes the combination of both defensible space and the hardening of your home to really give your house the best chance of surviving a wildfire.*

*Excerpt from CAL FIRE website. For more information, go to <http://www.readyforwildfire.org>



Our mission:

**Building strong
community
partnerships
promoting healthy
living through
outreach, advocacy
and education.**

Alpine County Public Health is now on Facebook & Twitter

Like us and follow us for up to date information and tips about
healthy living and emergency preparedness in beautiful Alpine County!

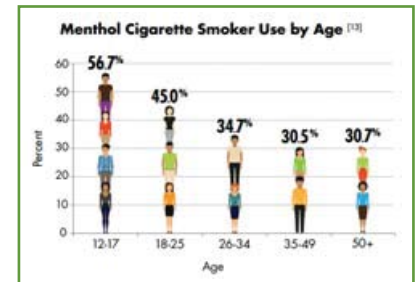


THE DANGERS OF MENTHOL-FLAVORED TOBACCO



The dangers of flavored tobacco products have been highlighted in many past issues of *Alpine Threads*, and residents of our beautiful county understand just how harmful they are. According to the results of the 2016 Alpine County Tobacco Control survey, 90% of respondents are concerned that youth are more likely to try flavored tobacco products. With the huge variety of new flavored tobacco products available today, people may forget the “original” flavor – menthol. Here are just a few things to remember about menthol:

- Menthol’s anesthetizing effect makes the smoke “smooth” and easier to inhale while masking the harshness of tobacco, making menthol cigarettes more appealing to young and beginner smokers. [1]
- Menthol allows smokers to inhale more deeply and for harmful particles to settle deeper inside the lungs. [2] By reducing airway pain and irritation, continuous menthol smoking can mask the early warning symptoms of smoking-induced respiratory problems. [3]
- Menthol decreases the metabolism of nicotine and increases the amount of the addictive substance in the blood, making cigarettes even more dangerous and difficult to quit. [4]
- In July of 2013, the FDA released a preliminary scientific review that found that menthol made it easier to start smoking and allowed for a faster progression to regular use of cigarette smoking; it also found that menthol made it harder to quit smoking, especially among African American menthol smokers. The FDA solicited public comment on the “potential regulation” of menthol cigarettes. [39]



Communities around California have taken bold steps to regulate the sale of flavored tobacco products, including menthol. Recent flavored tobacco sales bans in San Francisco and Yolo County are particularly strong – including e-cigarettes and menthol and offering no exemptions. Communities like Alpine County can take a stand against products designed to entice youth into a lifetime of addiction. A few options include restricting or banning the sale of flavored tobacco products, capping the number of local tobacco retailers, or regulating minimum pack size or price.

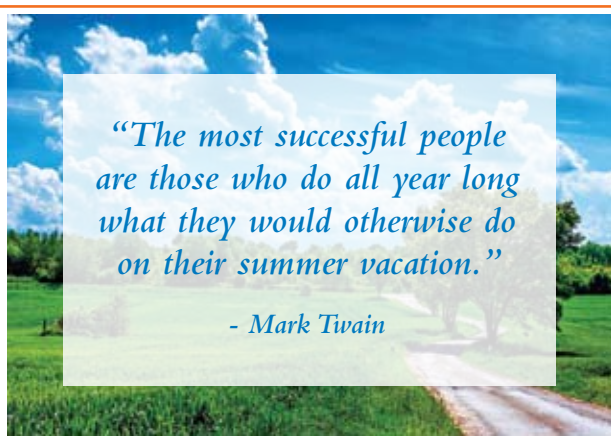


90%
of all tobacco cigarettes contain some menthol, regardless of being marketed as a mentholated cigarette [12]

For more information, contact the Alpine County Tobacco Control Program at (530) 694-2146. Need free help quitting? Call the California Smokers’ Helpline at **1-800-NO-BUTTS**.

From the California Department of Public Health Menthol and Cigarettes Fact Sheet:

1. Kreslake, J.M., et al., Tobacco industry control of menthol in cigarettes and targeting of adolescents and young adults. *American Journal of Public Health*, 2008. 98(9): p. 1685.
2. Kreslake, J.M. and V.B. Yerger, Tobacco industry knowledge of the role of menthol in chemosensory perception of tobacco smoke. *Nicotine & Tobacco Research*, 2010. 12: p. 98-101.
3. Garten, S. and R.V. Falkner, Continual smoking of mentholated cigarettes may mask the early warning symptoms of respiratory disease. *Preventive Medicine*, 2003. 37(4): p. 291-296.
4. Benowitz, N.L., B. Herrera, and P. Jacob, Mentholated cigarette smoking inhibits nicotine metabolism. *Journal of Pharmacology and Experimental Therapeutics*, 2004. 310(3): p. 1208-1215.
12. Wickham, R., Focus: Addiction: How Menthol Alters Tobacco Smoking Behavior: A Biological Perspective. *The Yale Journal of Biology and Medicine*, 2015. 88(3): p. 279.
39. Sabrina Tavernise, F.D.A. Closer to Decision About Menthol Cigarettes, in *The New York Times*. July 23, 2013. 40. FDA Appeals Court Ruling on TPSAC Conflict of Interest, in *American*



“The most successful people are those who do all year long what they would otherwise do on their summer vacation.”

- Mark Twain

FOOD DISTRIBUTION DAY



Come by the Native TANF Office
at 96 C Washoe Blvd.

4th Wednesday of every month

FOR FREE GROCERIES

VOLUNTEER WITH US!

To help with distributing food, contact
Misty Stewart at (530) 694-1853 or
mstewart@liveviolencefree.org





Want to **INSPIRE?** Become a **MENTOR!**

Did you know...

Only one hour a week can change a child's life forever!

Join our team of mentors.

Training, support and group activities are provided. Local youth need you; help put a smile on a child's face. Current trained mentors can have lunch with their mentees at Diamond Valley School.



For more information
please call Alpine Mentor Coordinator
Betty Hathaway (530) 694-9459



TOBACCO-FREE AS A BIRD

Tobacco-free events protect everyone from toxic secondhand smoke and aerosol from electronic smoking. Support events and businesses that are tobacco-free. Enjoy cleaner, healthier places. Protect people and the environment!

There is no safe level of exposure to secondhand smoke.

Tobacco use is still the number one cause of preventable disease and death.



LIVE

PLAY

BE

TOBACCO-FREE

Alpine County Tobacco Control Program



Live Healthy!

ALPINE COUNTY Health & Wellness COALITION



BUILDING RELATIONSHIPS, ONE CUP AT A TIME.

Join your neighbors
and officers for coffee
and conversation.

Friday July 21st, 2017

9:00am-11:00am at Mad Dog Cafe

290 Old Pony Express Way, Markleeville, CA 96120

Coffee with a cop is as simple as it sounds. It is a chance to meet your local officers and have a cup of coffee with them.

There are no agendas at this event, just an opportunity to ask questions, voice concerns and get to know the officers in your neighborhood.

Contact Officer Ruth Loehr with questions

rloehr@chp.ca.gov | (530) 577-1001



THIS EVENT IS PRESENTED BY THE:

California Highway Patrol
South Lake Tahoe Area



18TH ANNUAL MARKLEEVILLE CREEK DAY 2017

Saturday, September 9th 9am-2pm

.....
An Alpine County watershed restoration work day

The Alpine Watershed Group will be hosting the 18th Annual Markleeville Creek Day on Saturday, September 9th, 2017. Volunteers are needed to help complete projects throughout the East and West Carson Watersheds including plantings, stream bank stabilization, invasive weed removal, protective tree wrapping, and storm drain stenciling. All are welcome to attend. No experience is necessary.

Participants will gather in the Markleeville Library Park at 9am for registration. Groups then carpool to their restoration project locations. The Alpine Watershed Group is a non-profit organization whose mission is to protect and enhance Alpine County watersheds.

SIGN UP ONLINE BY AUGUST 31ST AT WWW.ALPINEWATERSHEDGROUP.ORG

For more information, contact Sarah Muskin: awg.snap.ed@gmail.com or call 530-694-2327



**CELEBRATE THE FALL COLORS
AND THE SOURCE OF YOUR WATERS - FROM TREES TO TAP**



OCTOBER 7TH & 8TH 2017 - 10AM-4PM
AT BLUE LAKES ROAD IN HOPE VALLEY, CA

FLY FISHING • HORSEBACK RIDING • PHOTOGRAPHY TOUR
ASPENS • MINING HISTORY HIKE • PAINTING CLASSES

FREE ADMISSION! FREE LIVE MUSIC! FAMILY & DOG FRIENDLY!



VISIT BEAUTIFUL ALPINE COUNTY!
RESERVE YOUR ADVENTURE TODAY
www.AspenFest.org



SPONSORED BY: River Wranglers, Sorensen's Resort, Carson Water Subconservancy District, Alpine County Chamber of Commerce and US Forest Service.

The 4th Annual Alpine Aspen Festival will be held on October 7th and 8th in scenic Hope Valley, California. The Alpine Watershed Group and Friends of Hope Valley host the Alpine Aspen Festival to celebrate Alpine County's beautiful fall colors, natural environment, and dynamic history. Visitors may enjoy live music, guest speakers, and booths at the festival location on Blue Lakes Road, or sign up for one of the many activities and workshops with local experts. Space is limited, so reserve your spot now! The festival welcomes families and is also dog-friendly.

Visit our website at www.AspenFest.org for more details and to sign up for an activity. All proceeds from the festival benefit the Alpine Watershed Group, a 501(c)(3) nonprofit organization whose mission is to preserve and enhance Alpine County's watersheds for future generations.



School may be out, but for kids starting kindergarten this fall, now is the time to get ready for the classroom, both physically and emotionally. By helping your child master a few practical key skills, you can give your children the confidence they need to succeed on their first day of school – and every day after! Kindergarten readiness includes both practical skills that children will need to succeed, as well as social emotional skills that will help them successfully function in a classroom of peers. And, parents play a key role in preparing them for that first day from establishing a routine and easing their fears to holding a pencil and listening to directions. Helping them develop these skills is the most important job a parent can have.

Talk with Me It's crucial for children to have the confidence and ability to use their words.

- Parents can help develop language skills by having frequent conversations with their children and encouraging them to use words to express their feelings and reactions to the world around them.
- Read to your child for 20 minutes every day and talk about the story, the characters and what happened first, next and last.
- Sing songs and read stories or poems with rhyming words to expose them to different sounds as they build their vocabulary.

Your Turn, My Turn Preschoolers are just beginning to understand the concept of sharing.

- Parents can make sharing fun by teaching cooperative play, like completing puzzles or building a block tower together.
- As you're building the block tower, walk through the concept of sharing by saying, "Now it's your turn to add a block and then it will be my turn."
- Use positive reinforcement to encourage sharing. When you see your child sharing with someone else, point out how she made the other person happy and give her a hug.

1,2,3 - Count With Me Children entering Kindergarten can typically count to 10 on the first day of class.

- Teach your child to count by using everyday objects like blocks, buttons, soup cans, even your child's fingers and toes!
- Parents can make counting part of your daily routine by asking your child to count the number of plates needed for dinner or the number of steps you're climbing together. Or, tell your child to pick out "two" books to read before bedtime.

My Name is... Children are expected to be able to print their first name.

- Start by teaching children how to spell their name when they're toddlers. Start by pointing out the first letter of their name whenever you see it. You can also play word games by saying, "Your name starts with 'T' like tiger. What else starts with that letter?"
- Your child can practice writing their name with their finger to get the feel of the letters. Try spreading shaving cream or pudding on a cookie sheet for fun practice.
- You can also work with your child on the correct pencil grip by encouraging your child to use their thumb and index finger to pick up small objects like O-shaped cereal with their fingers. This will make your child practice the proper pincer grip.
- Playing with play dough can also help develop muscles in the hand that are needed for writing or cutting.

Listen Well to Learn Better Kids learn best when they're taught to actively listen when the teacher's speaking to them.

- Improve your child's listening skills by encouraging them to repeat directions back to you. This will force them to repeat instructions in their mind and then act on them.
- Use multi-step directions to build your child's attention span by outlining multiple tasks for them to do, such as "Pick up your toys first, then grab your coat."
- Try playing games with your child that require listening and following simple directions. Games like Simon Says or Red Light, Green Light are fun games that require listening and following directions.

Potential Social Media Posts

- Sample Facebook: Kids learn through play. Try these good behavior games with your child to teach listening, sharing and more. <http://ow.ly/mgH00>
- Sample Facebook: Games like Simon Says and Red Light Green Light, get your kids moving and sharpens their listening skills for Kindergarten.
- Sample Tweet: Is your child starting Kindergarten? Don't lay off the learning now. 10 things to prepare them for their first day. <http://ow.ly/mh3aZ>
- Sample Tweet: Don't choose between learning and fun. Do both and get your child ready for Kindergarten with outside activities. <http://ow.ly/mh3zL>

About First 5 Alpine

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.



T A H O E
YOUTH & FAMILY
S E R V I C E S
A SAFETY NET OF SERVICES FOR YOUTH AND FAMILIES

Spend your summer with
Tahoe Youth & Family Services

SUMMER GROUPS 2017

Tuesday will be ages 11-16

Wednesday will be ages 8-10

12pm-4pm except on beach days
which will be all day



Tahoe Youth & Family Services is creating a safe place for kids to come and have fun over the summer. We will be doing a variety of things like going to the beach, going to the swim center and so much more, while learning life skills like making good decisions, media influences, social skills and resisting peer pressure. Transportation and admission (if needed) will be provided along with a lunch.



Camp Sunrise

Children's
Bereavement Camp
September 15th-17th, 2017

Held at the 4H Camp near
Stateline, Nevada

Camp Sunrise is a FREE grief camp designed for children age 7 – 14 that have experienced the death of a family member. Children receive grief education and support through a variety of fun-filled activities and programs throughout the weekend. The camp begins late Friday afternoon and ends midday on Sunday.

To receive a registration form or volunteer application for this year's camp, please contact Tina Bruess at 530-543-5592 or tbruess@bartonhealth.org

Camper participation applications must be completed and returned to the Hospice office by Friday, May 22nd at 2092 Lake Tahoe Blvd., Ste. 500, South Lake Tahoe, CA 96150.

Entry to the camp is subject to an interview with a camp counselor. Interviews will be scheduled after receipt of a completed registration form. Residents of the South Lake Tahoe, Minden, Gardnerville, Markleeville and Carson Valley/City areas may apply.

Alpine Threads Editorial Board

First 5 Alpine
100 Foothill Rd.
PH: 530-830-2845
www.first5alpine.com

Alpine County Health
and Human Services
75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

The Learning Center
and Local Child Care
Planning Council
100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.first5alpine.com
- www.alpinecounty.com
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.com

ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your
website link send it to Gina at
gina@originalmatteoni.com and
we'll add it to our column.

Disclaimer: This wellness-focused publication
is not intended to provide timely news and/or
personal, political or discriminatory statements.
Alpine Threads Editorial Board reviews all content.



ALPINE THREADS

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Tuna Apple Salad Sandwich

*Liven up your lunch-time sandwich with a refreshing mix
of tuna, apples, raisins, and walnuts.*

Makes: 4 servings Cook time: 15 minutes

Ingredients

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 can 12-oz chunk light tuna (drained)
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 1/2 cup raisins (or chopped figs)
- 1/4 cup chopped walnuts
- 1/8 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)
- 1/2 teaspoon curry powder (optional)
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

Preparation

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.



For more recipes, borrow SNAP-Ed cookbooks from the
Library and the Woodfords Indian Education Center.

CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

Standard Rate
U.S. Postage Paid
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Markleeville, CA 96120

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